

STEREO FLAVORS ISSUE 4

LETTER FROM THE EDITOR

Every time I crank out a new issue of Stereo Flavors, there's this damn voice telling me to make it bigger, bolder, better than the last. But let's be real, a sizable chunk of me just wants to throw something together, slap it on paper, and call it a day. Craft something, unleash it into the world, and if people dig it? Hell yes. Pop the champagne. But this zine? It is its own beast. It's not about the one-hit wonders. Sometimes, I'm in the chaos of two or three issues, all demanding attention. This isn't a sprint; it's a bloody marathon. And how the hell do I keep that spark alive? Still figuring that mess out.

You know that age-old crap about loving your work so much you don't feel like you're working? Bullshit. When you love it, you grind harder, you sweat more, and sometimes, you curse the day you started. But damn, that work? It's all yours. Nobody can strip that away. I've never been some literary savant. But with writing? We got a thing now. Love's never easy though. It's damn hard work, especially when our inner demons get in the way, whispering sweet nothings about laziness or mediocrity.

But fuck it. There's something bubbling here, something raw and real. Some folks tell me they love the zine precisely because it's rough around the edges, stripped of the highfalutin crap. I'm here for the ride, and by God, I intend to savor every damn moment of it.

Perfection? Screw that. Let it rip. Welcome to issue four.

Cheers,
Steve Martinho

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SAVE CHINATOWN!

The billionaire owners of the 76ers want to build a new arena just one block away from this neighborhood - a neighborhood that's home to families, seniors, and students. And we can't let that happen.

These billionaire developers are trying to placate Chinatown by working on a "Community Benefits Agreement." But here's the thing: they're negotiating behind closed doors with a select few, without public input or oversight. They're trying to show that the community has agreed to the arena, without actually listening to the full community. And that's bullshit.

Chinatown is a treasured piece of Philadelphia's history with a unique authenticity that's irreplaceable. We can't let billionaires destroy our neighborhood just so they can get even richer. We've already won battles against a stadium and a casino, and we can win this one too. So let's stand together and say no to the arena.

SCAN ME



拉麵

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EAT MORE OYSTERS!

I am in love with delicious and Earth. Now, let's go eat the fuck out of some oysters!

by Jessica Gath, *Phully Rooted*
Photos by Kaelon Kew-Wong Soto

Sorry if I almost lost you there.
I'll slow down.

Midsummer, my colleagues from Royal Izakaya and I waded through the Delaware Bay to Sweet Amalia Oyster Farm in Cape May County, NJ. Owner, farmer, and marine biologist Lisa Calvo shared with us her research, on climate change, merroir, and oyster farming. Gathered on a sandbar, we swallowed oysters as fast as she shucked them.

I found my way to raw oysters as a wedding guest on the shore of California's Tomales Bay. That perfect marriage of proximity, shuckers, and champagne unlocked my enjoyment of the sea's cold freshness sliding down my throat. I have eaten oysters ever since--and always in the realm of "special treats" or "vacation food." As a food activist artist and creator of *Phully Rooted: A Guide to Eating Seasonally & Locally in Philadelphia/PA*, I realize it is time for me to reconsider the oyster. Oysters could, and probably should, be part of our regular, healthy diets. We can, and probably should, eat them at home. Serve them to friends! Oysters may be the most sustainable food in our foodshed.



Lisa opening oysters

Oysters filter up to fifty gallons of water a day. Each. They sequester filtered sediment and nitrogen in their shells as they grow, sometimes shaping them into small packets to deposit harmlessly on the ocean's floor. Oysters are heroes among Earthlings! Cleaning water and carbon sequestration are to them as breathing is to us. They take well to cultivation and can be farmed without creating pollution.

We should all eat oysters! But you don't have to take my word for it.

Oysters' nutritional and aphrodisiacal virtues have been touted for centuries. MFK Fisher wrote in her 1941 book *Consider The Oyster* that Cicero ate them "to nourish his excellence," and Louis XI made them obligatory "for the great men he gathered to him in order that they should be as intelligent as possible." Oysters are rich in protein, vitamin B12, minerals, and omega-3 fatty acids while being low in calories. Oysters' flavor has been prized in Chinese cooking for thousands of years.

If you're already an oyster-lover, please indulge yourself more often and with more gusto. But what if you're not? I had the pleasure of a one-on-one conversation with Lisa Calvo on the topic:

J: How do you serve oysters to the tentative?

L: The most accessible oyster is a baked oyster with something on it. I open them, pop some bleu cheese on them, and roast them in the oven for about 5-7 minutes at 375°- 400°— just until the cheese and liquor bubble a little. Locally-made Birchrun Blue is especially good for this preparation, but any bleu will work... or cheddar, butter with leeks, Worcestershire, hot sauce, bbq sauce...

If I'm trying to interest folks in eating raw oysters on the half shell, it's about size. I try and select petite, pristine, cleanly shucked oysters. If they aren't perfectly-shucked, there may be visual or textural cues that are off-putting. If you're at a raw bar, talk to your shucker. They'll be able to recommend what's most popular with a flavor profile that pleases the most people and has the most consistent qualities of texture, appearance, and flavor.



J: How do you eat oysters at home?

L: I throw them on the grill covered with wet burlap. It's so easy cuz you don't have to worry about shucking--the fire does it for you! Pull them off right as they pop open (about 4 minutes if the oysters are small and the fire is hot). They get a smoky flavor which pairs really well with butter and Tabasco.

J: What is your favorite way to eat oysters?

L: I really love them best raw on the ½ shell with a little lemon. For my first time trying an oyster (from a particular region, farm, or restaurant), I try one naked, one with a squeeze of lemon, and one with the mignonette the chef is lifting up.

Every oyster that's grown in every particular place and time has its own merroir. Ocean oysters are briny, while bay oysters get a mix of salty and fresh waters, so they're sweet. Seasons and rainfall levels affect flavor. Merroir is a multifactoral equation that keeps tasting oysters exciting. Add to that what the chef is doing that's interesting and creative...

J: Speaking of chefs, where can we eat Sweet Amalia oysters in Philadelphia?

L: Royal Izakaya; Oyster House; a.kitchen+bar, Wilder, My Loup, River Twice and Lauryl, Vetri, Heavy Metal Sausage, occasionally elsewhere.

J: How do we get local oysters to eat at home?

L: We sell direct through our market in Newfield, NJ. Folks can buy from the case there or reach out to us 48 hours in advance for 50 or more. Fishtown Seafood carries a lot of local varieties now--not us yet, but maybe later. The Barnegat Collective, a group of 12-15 NJ farms that sell as a group, will direct-ship to your door.



Socials

[instagram.com/jcbacharach1](https://www.instagram.com/jcbacharach1)

[instagram.com/sweetamaliaoysters](https://www.instagram.com/sweetamaliaoysters)

[instagram.com/kontent](https://www.instagram.com/kontent)

[instagram.com/jessica.gath](https://www.instagram.com/jessica.gath)

Oyster Beds

THE MIGNONETTE CHEF JUSTIN BACHRACH OF ROYAL IZAKAYA IS LIFTING UP:

"The best oysters need minimal embellishment, and Sweet Amalia oysters are THE best. Two garnishes with a little Japanese twist help them shine."

Opening the oysters

You will need an oyster knife and a clean kitchen towel. Fold the towel and position the oyster in the center of the towel. Place the knife firmly in the opposite eating end of the oyster and jam it into the small opening.

Use your body's natural weight to pry the oyster open, and when you hear it "crack," direct the oyster knife around the side of the oyster to pry open the shell. Once the shell is open, slide the knife underneath the oyster meat to separate it from the muscle holding it to the oyster.

Flip the oyster over carefully to display its meaty bottom. Hold oysters in their shells on top of a bed of salt or crushed ice to keep them in place. Serve chilled with garnishes on the side and a lemon wedge if desired. 

Yuzu Kosho Cocktail Sauce

500g ketchup
45g prepared horseradish
50g yuzu kosho (green or red)
25g fresh lemon juice
Mix in a bowl with a whisk.
Yields about a quart.

White Soy Mignonette

60g fresh, minced shallot
280g rice wine vinegar (unseasoned)
50g white soy sauce
20g granulated sugar
Mix in a bowl with a whisk.
Yields about a pint.



SCAN FOR PLAYLIST

Staff lunch at Sweet Amalia

SIP SIMPLY

An Ode to Uncomplicated Cocktails

By Colleen Kropp



Keeping it simple does not mean you're keeping it boring. This is a personal mantra I've been returning to over the last few years while navigating the creation of a beverage program post-lockdown.

It can be easy to get caught up in the mystique and allure of a very complex cocktail creation: a whisker from a one-eyed cat, morels that were just foraged at dawn on the banks of the Brandywine (dried & then freshly ground with your marble mortar and pestle), pilfered sap from a silver maple, ice-carved with a samurai sword...you get it.

Seeing a beautiful cocktail program come to fruition is intoxicating on various levels.

But as I have aged and my personal tastes have shifted, I've come to embrace the simple but also the very good.

I wonder, though, if it is really a matter of taste or if it is something more esoteric than that - something bordering on nostalgia as we move headlong into a world seemingly fighting against itself in myriad ways.

With an increasingly overwhelming environment - news fatigue, climate fatigue, AI fatigue (and I think this can certainly extend to palate fatigue) - perhaps we

are searching for something we can readily understand, take comfort in, and appreciate.

Maybe that's why I continue to watch *The Sopranos* for the umpteenth time while sipping on a Lambrusco - it feels good and safe. We are fortunate to be positioned in a city with access to nature and many incredible local farms, all with their fresh ingredients. Even with the strictures of the PLCB, real solid reps in town will do the work to get you a special order bottle.

And sure - your 17-ingredient cocktail is probably impressive in its own right, and I admire anyone's ability to make something so cohesive and beautiful.

But give me something sustainable as well. With so much ephemerality in our surrounding environment, what's that taste, that feeling, that we can readily return to?

Funnily, I recently met with a woman who brought me Antique Pelinkovac - essentially a Croatian amaro - to taste (gorgeous wormwood accents with a general lingering softness).



When we were chatting about potential ways to utilize it in a cocktail, she preemptively apologized for having the “simple” idea of using it in a Boulevardier.

I appreciated her candor, and it immediately made me want to reach for the Campari and Rittenhouse Rye off the back bar and make her one to enjoy.

You should give it a go...

BOULEVARDIER

Instructions

2 oz Rittenhouse Rye
1 oz Campari
1 oz Antique Pelinkovac*
(in lieu of sweet vermouth)
Orange peel for garnish

Enjoy up or on the rock(s)!

You can certainly alter the specs. I prefer that strong rye taste, but feel free to dial back on the rye to experience more of the softness of the amaro (or just make a straight-up classic Boulevardier with vermouth).

Create, build, drink whatever makes you feel good and whatever it is you actually ENJOY, because goodness knows we should harness joy in whatever small corners we can find it (if you're my mother, that's a really cold Miller Light,



and I respect the hell out of her for it). Just remember there is room to be creative if you want to be, and keeping it simple isn't boring.

**Shout out to T. Edwards fo always bringing it home with special, affordable spirits!* 

Becca Foxman Presents

SCRAPPLE PANZANELLA

One of my favorite ways to cook is based on gut feeling. There's no rules as long as it's an expression that makes sense when eaten. Crispy soft-centered scrapple in place of bread panzanella-style (Italian bread salad) works.

SAVE YOUR BACON FAT! Warm rendered bacon fat vinaigrette with shallot and grapefruit pairs well with sulfurous crunchy frisee, fennel, and brussels. Salty, tart, and sweet. This recipe is an oldie but goody, winning first place in the Philadelphia Scrapple Fest of 2013.

SERVING SIZE: 4 SMALL SALADS

PREP TIME: 45 MINUTES

LETTUCE MIX:

If possible, use a mandolin slicer for fennel and Brussels sprouts.

1 bulb fennel, cored and stalks trimmed off, sliced thinly

2 bunches frisée, green parts and stem removed, torn into bite-sized pieces

1 bunch watercress, torn into bite-sized pieces.

1 head radicchio, thinly sliced

1 cup Brussels sprouts, thinly sliced

SCRAPPLE CROUTONS:

1/2 lb good quality scrapple, diced into 1" pieces

3/4 cup bacon fat

METHOD:

Toss together fennel, frisée, radicchio, watercress, & Brussels sprouts. Set aside.

Heat bacon fat in a saute pan until it begins to smoke. Sear scrapple cubes until browned & crispy on each side. They should resemble croutons. Drain on paper towels immediately & reserve. Heat saute pan, cook down bacon until browned & most fat is rendered. Remove bacon with a slotted spoon. Turn off the heat & add shallots.

Let cook for 30 seconds to 1 minute (until softened but not browned). Add vinegar, mustard, honey, & reserved grapefruit juice. Add back bacon and stir. Season with salt & pepper & finish with parsley and basil.

SALAD ASSEMBLY:

In a bowl, toss lettuce/fennel mix with grapefruit/bacon vinaigrette. Taste for seasoning. Plate & garnish with tomatoes, grapefruit segments, 8-10 scrapple croutons, & fresh parsley. Serve immediately.

DRESSING:

1/4 lb bacon, chopped

1/3 cup shallot, finely chopped

1/4 cup apple cider vinegar

1 tbsp grainy mustard

2 tbsp honey

2 grapefruit, segmented, and all juices reserved. Separate segments from the juice.

1/4 cup chopped flat leaf parsley

1/4 cup chopped fresh basil

S & P to taste

GARNISH:

1 cup red, yellow, and black tomatoes, quartered lengthwise

1 Tbsp parsley leaves, left whole

Social: [instagram.com/phillygefiltfishy](https://www.instagram.com/phillygefiltfishy)

MANGO

I took a month-long trip to the Philippines this past summer. The majority of my trip was spent on the Island of Masbate, officially the Province of Masbate.

There, I explored the land, chilled with the locals, and tapped into the food scene, mainly the desserts. What stood out most to me was a non-baked, deliciously refreshing ice box cake called Mango Graham, A.K.A Mango Royale, a dessert usually made for special occasions.

Being a lover of dessert and baked goods, I was making this stuff every week. Layers of graham crackers, freshly sliced mangos, and, an all-purpose cream/condensed milk mixture. They say the most simple things, can bring the most happiness; if they were talking about mango Graham, they were talking straight facts!



ROYALE

by Cory Powell

INGREDIENTS

16 oz all-purpose cream or heavy cream
1 (14oz) can sweetened condensed milk
4 fresh & ripened mangos

1 (12oz) can evaporated milk
1 box of Graham Crackers

PREP

Make sure all ingredients are chilled, excluding the graham crackers.
Whip cream to soft peaks, add condensed milk, and whip stiff.
Cut mangos into slices or small pieces.

METHOD

Using an 8x8 square cake pan dip graham crackers quickly into evaporated milk and line the bottom of your cake pan being sure to fill any open spaces.

Spread a layer of whipped cream over the graham cracker.

Add a layer of mango to the whipped cream.

Repeat in that order, ending with a layer of whipped cream.

Take leftover graham crackers and crush.

Cover the top layer of cream with the crushed graham crackers.

Wrap the cake. Place in refrigerator for at least 4 hours.

You can also place it in the freezer for 3 hr, for more of an ice cream texture.

Thaw to desired firmness and enjoy!



Social: [instagram.com/makembakem](https://www.instagram.com/makembakem)

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Farina Di Vita

VODKA SAUCE

by Jason Okdeh

"THIS RECIPE WAS PERFECTED WITH THE HELP OF THE LATE JOSEPH TRINKLE, OUR FRIEND, SHOULDER TO LEAN ON, AND #1 MOTIVATOR. WE MISS YOU, FRIEND."

INGREDIENTS

6 - 28oz La Fede D.O.P. San Marzano Tomatoes

18 peeled garlic gloves (smashed)

18 basil leaves

16 oz cured pancetta

16 oz cured guanciale

(use all pancetta if guanciale is unavailable)

2 medium yellow onions (diced)

1 tbsp chopped garlic

2 tbsp salt (not kosher)

2 tsp coarse black pepper

2 tsp granulated garlic

1 ½ quarts heavy cream

16 oz grated Pecorino Romano

2 ½ cups olive oil

12oz Grey Goose Vodka

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METHOD

In a medium saucepan, bring together $\frac{1}{2}$ cup olive oil, 1 tbsp chopped garlic, and 2 medium onions diced to a golden brown.

Once some crispness hits your garlic/onion mix, add your 16oz of pancetta and guanciale.

Once this becomes golden brown, it's time for a vodka bath and flambé. Do not pour vodka into the saucepan directly over the flame. Remove first.

In a gallon sauce pot, bring the remaining $\frac{1}{2}$ cup of olive oil and your 18 "SMASHED" peeled garlic cloves to a brown.

Once browned, add all 6 of the 28oz D.O.P. tomatoes.

Mix in your meat, garlic, and onion mix.

Add salt, pepper, and granulated garlic.

Give a good mix and allow it to come to a boil.

Once boiling, lower the heat to a simmer. Cover with lid and simmer for 2 hours, stirring every 15 minutes.

After two hours, remove the lid and stir in basil leaves, heavy cream, and grated Pecorino Romano.

Allow to simmer for twenty more minutes with the lid off.

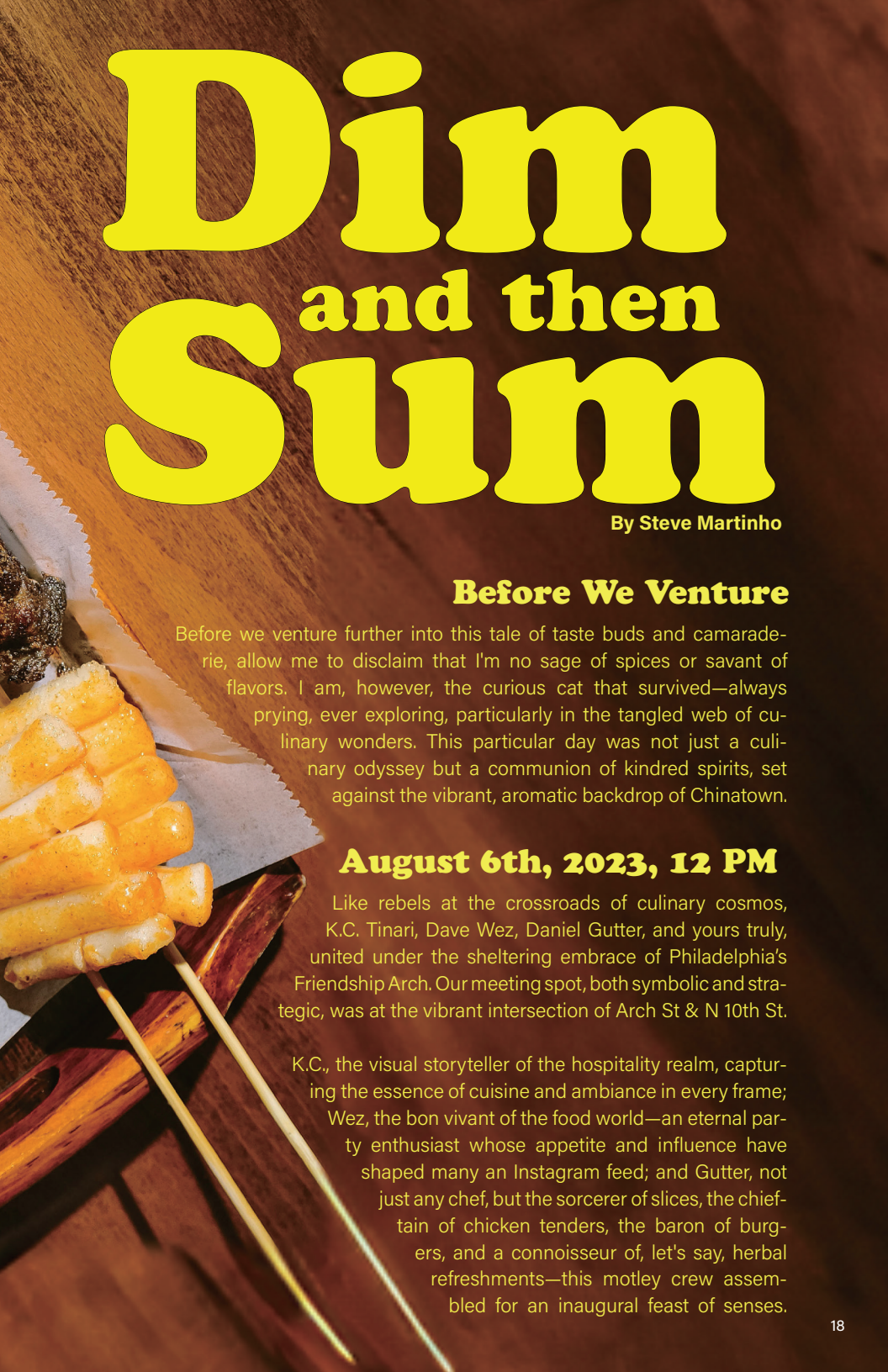
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Social: [instagram.com/farinadivita](https://www.instagram.com/farinadivita)

SCAN FOR PLAYLIST





Dim and then Sum

By Steve Martinho

Before We Venture

Before we venture further into this tale of taste buds and camaraderie, allow me to disclaim that I'm no sage of spices or savant of flavors. I am, however, the curious cat that survived—always prying, ever exploring, particularly in the tangled web of culinary wonders. This particular day was not just a culinary odyssey but a communion of kindred spirits, set against the vibrant, aromatic backdrop of Chinatown.

August 6th, 2023, 12 PM

Like rebels at the crossroads of culinary cosmos, K.C. Tinari, Dave Wez, Daniel Gutter, and yours truly, united under the sheltering embrace of Philadelphia's Friendship Arch. Our meeting spot, both symbolic and strategic, was at the vibrant intersection of Arch St & N 10th St.

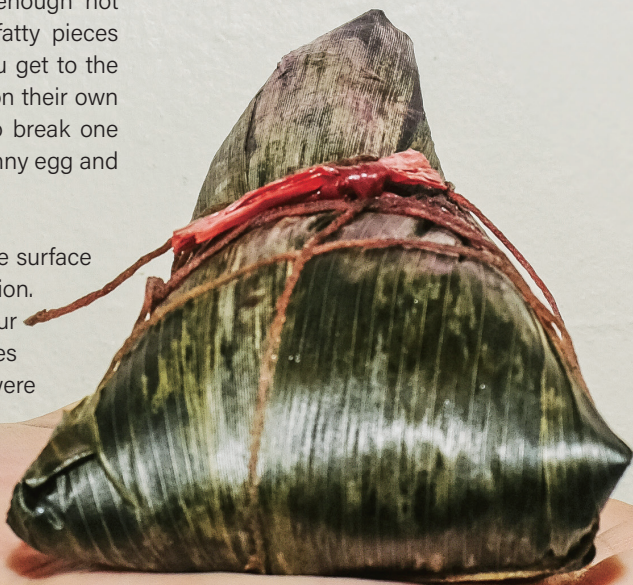
K.C., the visual storyteller of the hospitality realm, capturing the essence of cuisine and ambiance in every frame; Wez, the bon vivant of the food world—an eternal party enthusiast whose appetite and influence have shaped many an Instagram feed; and Gutter, not just any chef, but the sorcerer of slices, the chief-tain of chicken tenders, the baron of burgers, and a connoisseur of, let's say, herbal refreshments—this motley crew assembled for an inaugural feast of senses.

First Stop: Heung Fa Chun Sweet House

This is no ordinary food joint; it's a sanctuary of taste where your soul can meander through a labyrinth of Chinese breakfast delights like Congee and ginger pudding. Oh, and let's not forget the fluffy steamed buns filled with pork, egg, and whatever your heart desires. But I had an old flame to rekindle: the Zongzi, also known as the Taiwan Tamale, a pyramid-shaped sticky rice "dumpling" swathed in banana leaves.

The Zongzi consisted of pork belly, sticky rice, and peanuts. Sweet, savory, and hints of soy are just subtle enough not to overpower the wonderfly fatty pieces of marinated pork belly as you get to the center. While these are great on their own I absolutely encourage you to break one open and serve it up with a runny egg and your favorite chili crisp.

We were merely scratching the surface of our Chinatown exploration. Even though it was only our second stop and our bellies hinted at satiety, our spirits were eager and resolute, ready to press on in our culinary journey.



1:30 PM:

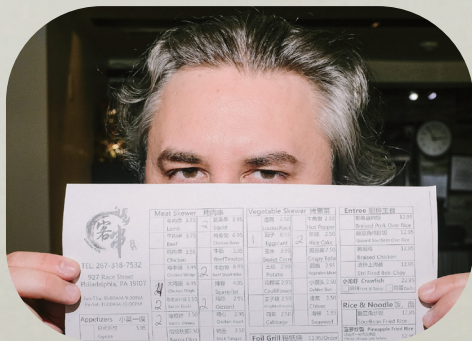
Lan Zhou Hand-Pulled Noodles

It's slow-cooked pork filled with aromatics such as star anise, cinnamon, cardamom, and Sichuan peppercorns encased in a pan-fried bun. Think of a scallion pancake's distant and sophisticated relative—only without the scallions—taking a humble ingredient like pork and turning it into a masterpiece.

It was very similar to the roast pork we know and love in Philadelphia. I'm confident you could throw it on a Sarcone's roll and it would be delicious. Please someone do that.

Donkey Burger Chronicles with Gutter

Between mouthfuls, Gutter reminisces about a Donkey Burger he'd tackled in Beijing. We sat back, half in awe, half in incredulity. I mean, this guy claimed to be timid on the food front, but this? This was culinary skydiving without a parachute.



3:00 PM: Chuan Kee Skewer

Our final savory port of call was the enigmatic Chuan Kee Skewer on Race Street. Bracing ourselves for a culinary voyage, we gathered around a menu, each of us a cartographer mapping a route through an array of skewered delicacies. But first—tequila. I had brought along a bottle, not as a centerpiece but as a casual companion to the meal. A toast, then on to the feast.

Our order was a labyrinth of flavors: cucumber salad, chicken thighs, bacon-enoki, and yes, frog legs—my first time venturing into amphibian gastronomy. And what an initiation it was; imagine a chicken wing schooled in the exotic arts.

A juicy, slightly gamey affair that had us all nodding in approval.

Then came the chicken thighs, what we thought were going to be skewers ended up being monoliths of gorgeous poultry. We were so full at this point but they looked too good to pass up.

Each bite was a balance of sweet smoky char and juicy meat, with spices that played a lingering, aromatic ballad on the senses. I'd love to go on but this is just something you need to go and try for yourself. Also, to be completely frank, the rub they used had us all guessing so if you figure it out let a fella know will ya.





4:30 PM: Street Wandering & Toasts

Imagine us, four culinary vagabonds, wandering the vibrant maze of Chinatown streets, filled to the brim with euphoria—and calories. Between the bustling markets and chattering crowds, we ducked into a few local grocery stores, immersing ourselves in the rich tapestry of Asian products. We admired the different designs on the snack packages, noting how they burst with color and imagination. American food packaging seems so standard these days, while Asian culture isn't afraid to embrace the colorful and the unconventional. Our exploration eventually led us to what Dave humorously dubbed

an "Asian 7-Eleven." There, he introduced us to Erguotou Red Star Baijiu, a Chinese liquor with the scent of a dare and the flavor of a pleasant surprise. We clinked our glasses, and in that moment, amid the laughter and fragrant aromas, I felt the universe conspire to freeze this day into an everlasting snapshot.



The Last Word

Once, my life was an endless loop of blistering kitchen heat, followed by quick smoke breaks in alleyways. The nights? They blended into mornings with maybe a few too many drinks, because hell, we were young and felt invincible. Those days of camaraderie, of bonds forged over after-shift drinks, they've stayed with me. I might've left that world behind, but a part of me, maybe the best part, still craves it. This zine? It's my lifeline, my bridge back to those ex, smoky days, to those chef pals—yeah, and dare I say, those so-called "foodies." Ugh.

So, picture this: a bustling Chinatown day. Everywhere you look, there's a hive of activity: merchants peddling an array of vibrant groceries, the scent of freshly brewed tea wafting from nondescript shops, bakeries tempting with their sweet aromas. It's a sensory overload, and you're convinced you can't possibly try it all, even though every fiber in you wants to. That was our day – navigating the packed lanes, tasting, laughing, exploring. With K.C, Dave, and Gutter by my side, it was a blast, a brief rewind to those wilder days.

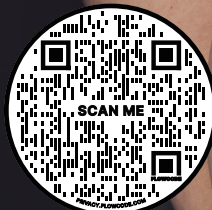
You know, Philly's Chinatown is more than just an assortment of neon signs and bustling storefronts. It's a chapter of the city's soul, filled with layers of stories, tastes, and traditions. Walking those streets might feel like you've stepped into a maze of the unknown, but that's the beauty of it. Grab a couple of friends and just... wander. Stumble upon that hole-in-the-wall dim sum joint. Let your curiosity guide you to a stand selling a snack you've never seen before. Don't shy away from it. Maybe even drink a little too much. Indulge in that skewer of mystery meat without overthinking it. And as the day winds down, let that buzz of contentment set in, relishing in the realization that right here, in the heart of Philly, you've unlocked a whole world of sensory wonders that many simply walk past. Dive in, embrace it, and cherish the hell out of it.



MEET CLAIRE TRINDLE

CEO & FOUNDER OF BLIND BEAR BEVERAGES

A blend of innovation, passion, and the soul of Philadelphia, Claire is not just any bartender – she's the bartender you've always wanted to share a drink with. In 2019, her entrepreneurial spirit shone brightly as she co-founded a trendsetting mobile bartending service. This venture was just the beginning; it paved the way for the birth of Blind Bear Beverages. Today, based in the heart of Philadelphia, PA, her company stands as a testament to her vision, offering exclusive beverage catering services and bespoke cocktail kits. With Claire at the helm, every sip tells a story.



SALSA MACHA

BY STEVE MARTINHO

The first time I ever tasted salsa macha was when I spontaneously decided to make it myself.

If you're a fan of Asian chili crisp, you'll definitely appreciate this. I find myself adding it to almost everything, as I have a penchant for spicy flavors. The smoky undertones from the toasted chilis, combined with the nutty essence from peanuts and pumpkin seeds, are the standout flavors. Feel free to adjust the chili ratios if you prefer a milder kick. Though garlic is optional, I personally can't resist adding it. While this sauce can be stored in the fridge for up to four weeks, I wouldn't be surprised if it's finished way before that.

INGREDIENTS

1 1/2 cups grapeseed oil
5 garlic cloves
1/2 cup peanuts
1/2 cup pumpkin seeds
1 tbsp sesame seeds
5-7 dried guajillo
10-15 arbol chiles
3-4 dried ancho chilis
1 tbsp dried oregano
1 tbsp kosher salt
3 tbsp white vinegar

METHOD

Fry every ingredient in stages, using a spider or fine mesh sieve, and put aside.

Start with the garlic, nuts, and pumpkin seeds. Set aside

Add chilis and sesame seeds. Set Aside

Let cool completely before blending.

Add all your ingredients, salt, oregano, and white vinegar to your blender.

Store in an airtight container in the refrigerator for 3-4 weeks.



SCAN FOR PLAYLIST



NOT YOUR MOM'S PASTA

**MIGHT BE YOUR
NONNO'S THOUGH.**

by K.C. Tinari

New research published in The Journal of Nutrition, as reported by Reader's Digest, showed that we are innately obsessed with pasta because of our genes. Researchers at Deakin University in Australia conducted the research, which used 34 adult volunteers. That might be it, or- maybe because everyone has a "go-to" pasta they can make any time. We have breakfast pasta, lunch pasta, dinner, and my personal favorite, the "after the bar" pasta. Nothing changes the fact that pasta is awesome.

Some of us have even taken that step further. Incorporating that into daily life. Traditions after events. Take individuals like Natalia Lepore Hagan, for example. From the renowned kitchens of New York City to her residence in Fishtown, and even into your own home with her Midnight Pasta Co., she pays tribute to her family and their signature "Midnight Pasta."

We all have our own style. Some want butter and cheese. Some have to have penne with vodka sauce. Natalia? Her pasta is far more refined but oddly simple at the same time. A version of Anchovy pasta alla Gennaro, a common Neapolitan "Midnight Pasta". (there are a few, too.) Using items easily found or readily avail-



able to a pasta fanatic. In just a few minutes, Natalia masterfully blends olive oil, fresh garlic, zesty anchovies, lemon, and parsley. The aroma she conjures is what I imagine every Italian household should be filled with — that unmistakable scent of toasted focaccia breadcrumbs, complemented by the briny and citrusy notes of a light pan sauce.

As far as pasta goes, I'm a simple person. This was something I wasn't prepared for. Our pasta was perfectly tender, with just a small toothy bite to it. The sauce was fragrant and savory. The anchovy brought a balance I didn't expect to find. Instead of being the most in-your-face component, it acted as a vessel for all the flavors: salt, chili spice, garlic bite, lemon acid, and floral olive oil. The breadcrumbs added the most satisfying crunch to an already great dish. I know I'll be keeping some nice tinned fish around for a quick late-night meal.

You can find Natalia's Midnight Pasta at Fishtown Seafood, and there are quite a few options to pick from. All made by our friend's own hands. You can also tune into her videos, @Midnightpastaco, on Instagram. 



MIDNIGHT ANCHOVY PASTA

by Natalia Lepore Hagan

SERVING SIZE: 4 PEOPLE



INGREDIENTS

3-4 bags of Tagliolini by Midnight Pasta
8-10 anchovy filets with chili flakes
(you can find this at Claudio's)
1 large clove of garlic
1 Tablespoon chopped Italian parsley

Toasted breadcrumbs for garnish
Extra Virgin Olive Oil
½ lemon
S&P for taste

METHOD

Bring a pot of salted water to a boil.

Chop and paste anchovies & garlic together.

Heat a saute pan to medium & add olive oil to coat the bottom of the pan.

Throw in garlic and anchovies and saute until fragrant, then add the juice of the lemon.

At the same time, drop in your pasta and stir to prevent clumping, cook for 2-3 minutes.

Take the pasta straight from the water into the saute pan and continue to stir on medium heat until very creamy.

Add 3-4 ladles of the pasta water and more oil if you like, while consistently stirring

Stir in parsley, some lemon zest, and salt to taste.

Lightly toast bread crumbs in a small saute pan until crispy.

Plate your pasta and sprinkle with breadcrumbs and more parsley.

Pour yourself a glass of wine and enjoy!

Indulge. Enchant. Devour.

Midnight Pasta



SCAN FOR PLAYLIST



PHILLY & PA FARMS

There are more than 55,000 farms in Pennsylvania! Our state could more than feed itself if we gave it the chance! This guide is an invitation to try. May it be an inspiration to you whether you are just learning to eat plants, a passionate, local foods chef, or anyone else whose eyes happen to find it.

Learn more about PA farms, farmers' markets, food co-ops, produce purveyors & composting in the linktree at the QR code below to the right.

PHILLY FOOD CO-OPS

are grocery stores started and run democratically by their members. That means Shopping Members have the power to influence where their food comes from—both with dollars spent and with votes on what to sell and why.

- Mariposa Food Co-op
- South Philly Food Co-op
- Weaver's Way Food Co-op

FARMER'S MARKETS

are a great way to get to know the folks who feed us! Not only are they a gateway to the tastiest produce, milks, meats, cheeses, honey, and other agricultural treasures PA has to offer, they are also a wealth of information about those foods. Current hours and seasonality for Farmers' markets may be found in the linktree at the QR code to the right.

COMPOSTING RESOURCES

SELECTED OTHER PRODUCE MARKETS OF INTEREST



A GUIDE TO EATING SEASONALLY
& LOCALLY IN PHILADELPHIA/PA

created by JESSICA GATH • illustrated by JUSTINE KELLEY & NICOLE MEDINA

Hang Philly Rooted on your wall and be inspired to eat local fruits & veggies! Support local farmers & foodworkers, Philly artists and hunger relief efforts.

This wall artwork has 15 original illustrations; recipes, poems, and space to make your own notes from month to month and year to year. It is meant to last you a long time.

Check it out & get your hands on it here & at South Philly Food Co-op

TOP RATED HONORS THIS BUSINESS ON



Stereo Flavors" isn't your run-of-the-mill food magazine. Born in Philly from a saucy mix of graphic design passion, music, and culinary love. What began as a pocket-sized zine has grown up to 5,000 copies spreading flavor all over the city. And, just for the record, we couldn't give a f*ck about awards.

Award Winner

**BEST PHILLY PUBLICATION THAT
DOESN'T GIVE A F*CK ABOUT ARBITRARY AWARDS**